MISSOURI INFORMATION

Location	Columbia, Mo.
Founded	1839
Enrollment	31,314
Nickname	Tigers
Colors	Old Gold and Black
Chancellor	Dr. Brady S. Deaton
Athletic Director	Michael Alden
SWA	Sarah Reesman
Conference	Big 12
Affiliation	NCAA Division I
Home Arena	Hearnes Center
Capacity	13,611

COACHING STAFF

Head Coach	Rob Drass
Alma Mater	Penn State, 1990
Record at school	136-98 (12 years)
Career record	136-98 (12 years)
Best Way to Contact	Through Media Relations
Office Phone	(573) 882-0736
Associate Head Coach	John Figueroa
Office Phone	(573) 882-3919
Assistant Coach	Jennifer Green
Alma Mater	LSU, 1989
Office Phone	(573) 882-9071

TEAM INFORMATION

2011 Overall Record	6-9
2011 Postseason	NCAA Regional Qualifier (6th)
Big 12 Record/Finish	0-3/Fourth
2011 Regional qualifying score	194.630
NCAA 2010 Final Ranking	No. 32
Letterwinners returning/lost	8/3
Newcomers	Six

PROGRAM INFORMATION

First Year of Gymnastics	1979-80
Overall Regular Season Record	354-276-1
Overall Postseason Record	72-163-1
NCAA Appearance/LastNational Championships/2011	
NCAA Individual/Last	Sarah Shire National Championships/2010

MEDIA RELATIONS INFORMATION

Gymnastics Contact	Jenny Dewar
Office Phone	(573) 884-9486
Cell Phone	(847) 567-2487
Office Fax	(573) 882-4720
E-mail	dewarj@missouri.edu
Shipping Address	371 Hearnes Center 600 Stadium Blvd. Columbia, MO 65211

No. 22 Missouri vs. No. 16 Denver

Friday, January 20; 6:30 p.m.
Hearnes Center; Columbia, Mo.

Live Scoring: http://www.mutigers.com/livestats/gym/Denver.html
Live Video: http://www.mutigers.com/allaccess
Live Twitter Updates: @TigerGymnastics

Last Time Out

The Tigers earned their first road win this season against Southern Utah on Friday, Jan. 13. Missouri posted a team score of 195.525, a score that topped the team's 2011 season high score. Southern Utah scored 193.300 at the meet. Senior Mary Burke took the all-around title at the meet with a season-high 39.175. Burke also took the bars title. Freshman Rachel Updike brought home the vault title with her 9.875 score.

Series History

Missouri and Denver have met 14 times in program history. The Pioneers lead the series as Missouri is 6-7 against Denver in the regular season. Missouri is also 0-1 to the team in post season competition. The teams last met at Mizzou's Corvette Cup in 2002. Missouri recorded a 194.100 to take second at the meet to Denver who scored 195.675.

Scouting Denver

The Pioneers are 0-2 on the season after dropping to No. 1 Nebraska and No. 6 Georgia in their first two meets. Denver sits at No. 16 in the nation this week with a team average of 194.463. The Pioneers posted a 193.700 against Georgia and a 195.225 at Nebraska. Sophomore Melodie Pulgarin Linero was named Western Athletic Conference Event Specialist of the Week after her performance at Nebraska.She posted a 9.900 on vault to take the vault title, and also set new career-high scores on beam and in the all-around.

Looking Ahead

Next, the Tigers head to No. 1 Nebraska for a meet on Saturday, Jan. 28 at 6 p.m.. The Tigers will return to Columbia on Feb. 3 to host North Carolina State at 6:30 p.m. in the Hearnes Center.

Quick Hits

- The Tigers' victory over Iowa State on Sunday (Jan. 8) marks the Tigers' first victory over a ranked opponent this season, the Tigers look for their second against Denver on Friday.
- Rachel Updike has been named Big 12 Newcomer of the Week for two consecutive weeks, marking the first time that Missouri has earned this award in consecutive weeks.
- Mary Burke earned big 12 Gymnast of the Week honors. The award is the first this season and the sixth in her career.
- With six newcomers on this year's squad, the Tigers look to bring a fresh approach to Mizzou Gymnastics. New Assistant Coach, Jennifer Green, is also a reason to expect big things from the Tigers in 2012.
- Mizzou Gymnastics plans to host a golf tournament in April. Anyone interested in participating can contact Jennifer Green.

2012 Missouri Gymnastics Roster

Name	*Yr.*	*Ht.*	*Event*	*Hometown*	*Club Team*
Cathryn Aliceaacosta	So.	4-11	All-Around	Houston, Texas	Cypress Academy of Gym.
Brittany Bendoff	RSo.	5-0	All-Around	Long Grove, Ill.	Libertyville Gym. Academy
Mary Burke	Sr.	5-6	All-Around	Inverness, Ill.	American Academy of Gym.
Briana Conkle	Fr.	5-4	All-Around	Fleming, Island, Fla.	North Fla. Gym. and Cheer.
Allie Heizelman	Sr.	5-2	All-Around	Cypress, Texas	Cypress Academy
Tori Howard	Jr.	5-2	All-Around	Chesterfield, Mo.	St. Louis Gym Centre
Rebecca Johnson	Fr.	5-4	All-Around	Pewaukee, Wis.	Midwest Twisters
Laura Kappler	Fr.	5-1	All-Around	Evansville, Ind.	Revolution Gymnastics
Kelsy Landreth	Fr.	5-2	All-Around	Columbia, Mo.	Show-Me Gymnastics
Mackenzie McGill	So.	5-4	All-Around	Bartlesville, Okla.	ConocoPhilips Gymnastics
Taylor Medrea	So.	5-2	All-Around	Britton, Mich.	Michigan Elite Gymnastics
Colleen Mulcahy	Fr.	5-5	All-Around	Orland Park, Ill.	Arena Gymnastics
Sandra Ostad	Jr.	5-1	All-Around	Oslo, Norway	Oslo Turnforening
Brittani Price	So.	5-2	All-Around	New Lenox, Ill.	United Gymnastics Academy
Katelyn Trevino	So.	5-2	All-Around	Ovilla, Texas	Trevinos Gymnastics School
Rachel Updike	Fr.	5-2	All-Around	Olathe, Kan.Kansas	Gymnastics Dance and Cheer

Head Coach: Rob Drass
Associate Head Coach: John Figueroa
Assistant Coach: Jennifer Green
Student Coach: Tara Foster

Missouri Gymnastics

2012

Tigers go for Two...

Senior Mary Burke and Freshman Rachel Updike both earned weekly conference awards after the Tigers' meet at Southern Utah. Burke earned her first honor as Gymnast of the Week this season, which is the sixth in her career. The award comes after Burke posted a season-high 39.175 to take the all-around title against Southern Utah. For Updike, the award is the second in her career. It also marks the first time that Missouri has received the Big 12 Newcomer of the Week award in consecutive weeks.

National Spotlight...

The Tigers are ranked No. 22 in the nation this week according to GymInfo's National Top 25 Poll. Missouri started the season ranked No. 26 in the GymInfo Preseason Coaches Poll. After starting the season with two wins against Iowa State and Southern Utah, Mizzou boasts a 194.100 team average. The Tigers put up a 195.525 team score against Southern Utah, which tops the Tigers' 2011 season high score of 195.400. The Tigers are ranked No. 23 in the nation on vault with a team average of 48.788 after posting a 49.075 against Southern Utah. The score also tops last year's season high score, 49.050. On the bars, Mizzou checks in at No. 23, with an average of 48.575. The Tigers' bars score against Southern Utah also topped last year's season high team score. The Tigers clock in at No. 15 on the balance beam, in a three-way tie with Denver and Ohio State.

Rewards for Rachel...

Freshman Rachel Updike proved to be a strong competitor for the Tigers at their first meet against No. 24 Iowa State. Updike took the event titles for all three of the events she competed on, vault, beam and floor. She was chosen by the Big 12 Conference as the Newcomer of the Week for her performance as was also recognized by CollegeSports360 on their Primetime Performers Honor Roll.

Returners are Rockin' it..

Several Tigers are returning after being sidelined by injuries last season. Brittany Bendoff sat out the 2011 season and is now a consistent member of the Mizzou lineup. Katelyn Trevino was also limited in her abilities last season, but she has returned as an all-around competitior.

Gold Squad For the Win...

Mizzou prepared for the 2012 season with the Black & Gold Intrasquad on Dec. 9, 2011. The Gold squad took the title with a score of 164.475 to the Black squad's 163.150. Mary Burke took the all-around title, scoring 39.300. Katelyn Trevino and Allie Heizelman also competed all-around, earning scores of 38.750 and 38.650. If the scores from the Black & Gold had been calculated as a regular season meet, Mizzou would have put up a score of 195.750. The Tigers would have earned a 49.150 on beam, which ties last year's season high score.

Scouting the Season...

The 2012 schedule is looking competitive. Mizzou will face 12 2011 NCAA Regional Qualifiers as well as NCAA National Champion Alabama. The Tigers will face the University of Denver twice this season as the Pioneers will travel to Columbia on Jan. 20 and the Tigers will return the favor on Mar. 3 in Denver with Western Michigan and West Virginia

Preseason Poll...

The Tigers begin the 2012 season ranked at No. 26 in the nation according to GymInfo's Preseason Coaches Poll. Missouri is prepared for a tough schedule this season, as 13 of its 14 opponents are ranked or receiving votes in the poll.

2011-2012 Missouri Gymnastics Schedule/Results

Date	*Opponent/Event*	*Location*	*Time/Result*
Friday, December 9	**Black and Gold**	**Columbia, Mo.**	**Gold 164.475, Black 163.150**
Sunday, January 8	Iowa State *	Columbia, Mo.	W, 192.675-192.600
Friday, January 13	Southern Utah	Cedar City, Utah	W, 195.525-193.300
Friday, January 20	**Pnk Out (Denver)**	**Columbia, Mo.**	**6:30 p.m.**
Saturday, January 28	Nebraska	Lincoln, Neb.	6 p.m.
Friday, February 3	**NC State**	**Columbia, Mo.**	**6:30 p.m.**
Friday, February 10	IGI Chicago Style Invite vs. Boise State, Illinois, UCLA	Chicago, Ill.	TBA
Friday, February 17	**Oklahoma ***	**Columbia, Mo.**	**6:30 p.m.**
Friday, February 24	**Bowling Green**	**Columbia, Mo.**	**6:30 p.m.**
Saturday, March 3	Denver, Western Michigan, West Virginia	Denver, Colo.	7 p.m.
Friday, March 9	Alabama	Tuscaloosa, Ala.	7:30 p.m.
Friday, March 16	**Arkansas**	**Columbia, Mo.**	**6:30 p.m.**
Saturday, March 24	Big 12 Championship	Norman, Okla.	4 p.m.
Saturday, April 7	NCAA Regional Championship	TBA	TBA
Thursday, April 19	NCAA National Championship	Duluth, Ga.	TBA

Home meets in bold
* Big 12 Conference meets
- All times listed are CST and subject to change

GymInfo Preseason Poll

Rank	Team	Points
1	UCLA	932
2	Alabama	926
3	Florida	903
4	Oklahoma	879
5	Utah	806
6	Nebraska	741
7	Oregon State	725
8	Stanford	702
9	Georgia	687
10	Michigan	641
11	Arkansas	617
12	L.S.U.	539
13	Penn State	496
14	Boise State	449
15	Illinois-Champaign	371
16	Washington	343
17	Auburn	324
18	Ohio State	246
19	Arizona	233
20	Denver	214
21	Kent State	202
22	Minnesota	154
23	Kentucky	144
24	Iowa State	122
25	Iowa	120

Receiving Votes: ***Missouri***, Central Michigan, North Carolina State, Arizona State, Southern Utah, West Virginia, North Carolina, BYU, Western Michigan, Michigan State, Utah State, Illinois, State, New Hampshire, Maryland-College Park, San Jose State, Pittsburgh, California, UIC, Northern Illinois, Rutgers

Mary Burke and Allie Heizelman will stand as this year's senior leaders.

2012 Team Highs

Vault	49.075
Bars	49.100
Beam	48.900
Floor	48.450
All-Around	195.525

Team Averages

Vault	48.788
Bars	48.575
Beam	48.513
Floor	48.225
All-Around	194.100

2012 Team Numbers

2012 Record	2-0
Regular Season	2-0
Post Season	0-0
At Home	1-0
On the Road	1-0
At Home Conference	1-0
On Road Conference	0-0
Against Top-25 Teams	1-0
Against 2011 Regional Qualifiers	2-0
Against 2010 NCAA Finals Teams	0-0
Scoring 195.00 or Higher	1-0
Scoring Under 195.000	1-0
In January	2-0
In February	0-0
In March	0-0
In April	0-0

2012 Big 12 Rankings

Teams	Average	High
1. Oklahoma	195.925	195.975
2. Missouri	***194.100***	***195.525***
3. Iowa State	192.600	192.600

Big 12 Gymnast of the Week

January 10: Michelle Browning (Iowa State)
January 17: ***Mary Burke (Missouri)***

Big 12 Specialist of the Week

January 10: Brie Olson (Oklahoma)
January 17: Taylor Spears (Oklahoma)

Big 12 Newcomer of the Week

January 10: ***Rachel Updike (Missouri)***
January 17: ***Rachel Updike (Missouri)***

A New Addition...

Gymnastics is proud to announce the addition of Kelsy Landreth to the 2011-12 squad. Landreth comes to Mizzou from Show-Me Gymnastics in Columbia, Mo. Head Coach Rob Drass expects to see big things from Landreth this season.

Gymnastics Welcomes Jennifer Green...

This season will mark Assistant Coach Jennifer Green's inagural season with the Tigers. Before coming to Mizzou, Green coached at Kansas Gymnastics Dance and Cheer in Olathe, Kan. Green will serve primarily as a beam coach for Mizzou Gymnastics.

Tigers Sign Two for 2013...

The Tigers also welcome two new signees for the 2013 season. Blair Elmore is joining the team from Champion Gymnastics Academy in Houston, Texas, while Miranda Eubank comes from Champion Gymnastics in Louisville, Ky. Head Coach Rob Drass expects the two gymnasts to do big things at Mizzou.

GymInfo National Top 25 Rankings as of January 18...

No.	Team	Avg.	High
1	Nebraska	197.375	197.375
2	Utah	196.713	197.400
3	Arkansas	196.550	196.650
4	Oregon State	196.525	196.525
5	Alabama	196.475	196.475
6	Georgia	196.425	196.525
7	UCLA	196.375	196.675
8	Florida	196.100	196.175
9	Penn State	195.950	196.125
10	Oklahoma	195.925	195.975
11	Michigan	195.500	195.500
12	Ohio State	195.275	195.375
13	Arizona	195.150	195.150
14	Stanford	194.900	194.900
15	Illinois	194.725	194.725
16	Denver	194.463	195.225
17	Boise State	194.400	194.400
18	NC State	194.363	194.675
19	San Jose State	194.300	194.300
20	Auburn	194.288	194.775
21	West Virginia	194.263	195.100
22	***Missouri***	***194.100***	***195.525***
23	Maryland	194.038	194.225
24	Minnesota	193.938	195.075
25	L.S.U.	193.763	195.025

2012 Individual Season Highs

Gymnast	*Yr.*	*Vault*	*Bars*	*Beam*	*Floor*	*All-Around*
Cathryn Aliceaacosta	SO	--	---	9.800*	9.650	---
Brittany Bendoff	RSO	9.675	9.800*	9.100^	---	---
Mary Burke	SR	9.850	9.875	9.850	9.825	39.175
Briana Conkle	FR	---	9.675^*	---	9.375^*	---
Allie Heizelman	SR	---	9.825	---	---	---
Tori Howard	JR	9.825	---	9.800	9.675	---
Rebecca Johnson	FR	9.750*	---	---	---	---
Laura Kappler	FR	---	---	9.325^*	---	---
Kelsy Landreth	FR	9.525^*	---	---	---	---
Mackenzie McGill	SO	---	---	---	---	---
Taylor Medrea	SO	---	9.825*	9.825*	9.600	---
Colleen Mulcahy	FR	---	---	---	---	---
Sandra Ostad	JR	---	---	---	---	---
Brittani Price	SO	9.775	9.775*	---	---	---
Katelyn Trevino	SO	9.575*	9.775	9.550*	9.475*	38.100*
Rachel Updike	FR	9.900*	---	9.850*	9.875*	---

^ -Exhibition Routine
*-Career High Score

Missouri vs Iowa State

Sunday, Jan. 8; 2 p.m.
Hearnes Center, Columbia, Mo.

Columbia, Mo. -- The Tigers opened the 2012 season with a home meet against No. 24 Iowa State. Mizzou squeeked out a win, topping the Cyclones 192.675-192.600. Iowa State's Michelle Browning took home the all-around title and Mary Burke placed second, but freshman Rachel Updike took the titles in vault, beam and floor. Mary Burke took home the bars title for the Tigers.

University of Missouri
Head Coach: Rob Drass

Gymnast	Vault	Bars	Beam	Floor	AllArr
Cathryn Aliceaacosta			9.725		
Brittany Bendoff	9.675	9.125			
Mary Burke	9.725	9.825	9.250	9.825	38.625
Briana Conkle		8.875		8.525	
Allie Heizelman		9.800			
Tori Howard	9.625		9.075	9.800	
Rebecca Johnson	9.525				
Taylor Medrea		9.600	9.750	9.400	
Katelyn Trevino	9.575	9.700	9.550	9.100	37.925
Rachel Updike	9.900		9.850	9.875	
Team Totals	**48.500**	**48.050**	**48.125**	**48.000**	**192.675**

Iowa State
Head Coach: Jay Ronayne

Gymnast	Vault	Bars	Beam	Floor	AllArr
Shea Anderson	9.550			9.525	
Caitlin Brown	9.575		9.775		
Michelle Browning	9.700	9.800	9.700	9.825	39.025
Henrietta Green		9.750			
Hailey Johnson	9.400	9.625	8.450	9.500	36.975
Megan McDonald	9.600	9.100			
Celine Paulus	9.075	9.675	9.850	9.850	38.450
Camille Santerre			9.675		
Michelle Shealy		9.000	9.300	9.675	
Elizabeth Stra-nahan				9.650	
Team Totals	**47.825**	**47.950**	**48.300**	**48.525**	**192.600**

Missouri at Southern Utah

Friday, Jan. 13; 7 p.m.
Centrum Arena, Cedar City, Utah

Cedar City, Utah-- Senior Mary Burke earned her first all-around title of the season in Missouri's 195.525-193.300 victory over Southern Utah. Mary Burke put up a 39.175 all-around score, and sophomore Katelyn Trevino competed in the all-around as well earning a 38.100. The Tigers also took the vault, bars and floor titles at the meet.

Southern Utah
Head Coach: Scott Bauman

Gymnast	Vault	Bars	Beam	Floor	AllArr
Rochelle Bernier	9.825	9.750		9.225	
Brooke Cersosimo		9.250	9.675		
Michaela Chernoch	9.750	9.075	9.725	9.875	38.425
Alyssa Click	9.675	9.200	9.875	9.850	38.600
Ana Jaworski		9.475	9.000	9.550	
Lauren Jeffrey	9.750	9.750	9.700	9.000	38.200
Brittney Jensen	9.800			9.800	
Caitlin Kennedy	9.800		9.675		
Team Totals	**48.925**	**47.425**	**48.650**	**48.300**	**193.300**

University of Missouri
Head Coach: Rob Drass

Gymnast	Vault	Bars	Beam	Floor	AllArr
Cathryn Aliceaacosta			9.800	9.650	
Brittany Bendoff		9.800			
Mary Burke	9.850	9.875	9.850	9.600	39.175
Allie Heizelman		9.825			
Tori Howard	9.825		9.800	9.875	
Rebecca Johnson	9.750				
Taylor Medrea		9.825	9.600	9.675	
Brittani Price	9.775	9.775			
Katelyn Trevino	9.350	9.775	9.500	9.475	38.100
Rachel Updike	9.875		9.850	9.650	
Team Totals	**49.075**	**49.100**	**48.900**	**48.450**	**195.525**

Head Coach Rob Drass

In his 13th season as Mizzou's Head Gymnastics Coach, Rob Drass is looking to build on the recent successes of his program. After an outstanding 2009 season, The Tigers continued their record-breaking performances in 2010. With a regular season finish of 11-3, Drass coached the Mizzou gymnastics team through the post-season, and helped the team advance to the NCAA National Championship for the first time in program history. With Drass' assistance, both Mary Burke and Sarah Shire were added to the Mizzou record books. The two gymnasts tied for the program record on floor after they both scored a 9.975 on floor in Missouri's meet against Illinois State. Shire also set a new career high and school record with an all-around score of 39.725. Drass' coaching skills were on display during the 2010 Big 12 Championships, where Mizzou finished third (195.900) and Sarah Shire took the Big 12 title in the all-around. Shire finished her conference season with six Gymnast of the Week honors from the Big 12 conference bringing her career total to a program record 12 conference Gymnast of the Week honors. Drass and the Tigers did not stop there, the team hosted the Columbia Regional Tournament where Missouri took first place and set a new regional record with a team score of 196.500 to advance to Nationals. With Drass' help, Mizzou placed sixth in the semifinal round (194.600) and Shire continued to the individual event finals. Drass coached Shire to a second place finish on floor and fifth place spot on vault. She became the first gymnast in program history to earn a national ranking. Shire also earned All-America First team honors on vault and floor and All-America Second team honors on Bars to become Mizzou's first four-time All-American athlete.
Drass' Tigers finished the season ranked at No. 12 in the nation, the highest ranking ever in Missouri Gymnastics program history. With all the success of the 2009 season, Drass' coaching skills helped to bring the team to a higher level in 2010.

In 2009, Drass coached the team to a 20-6 record as the team stamped performances in all four events and the all-around into the Missouri record books. The end of the season came with the Tigers' highest ever overall score at an NCAA Regional (196.000) and Drass' squad finished the year ranked 13th in the country. The season was also marked by outstanding performances from senior Adrianne Perry and junior Sarah Shire. Drass helped Perry become the first Missouri gymnast to qualify for Nationals in each of her four seasons. Shire followed in Perry's footsteps from 2008 and became Drass' second gymnast to win the Big 12 all-around title. Both Perry and Shire became All-Americans at the 2009 NCAA National Championships, the second and third gymnasts to receive that honor in his career at Missouri. Another prime example of Drass' success was 2009 senior Alicia Hatcher, who was not only one of Missouri's most consistent gymnasts, but was also honored outside the sport as well. Hatcher was tapped into the Mystical Seven honors society, named the Student-Athlete of the Year by the Varsity M Association and named to the prestigious Mizzou '39 (the university's recognition of the top 39 seniors).

The 2008 Tigers saw a successful year across the board, as well as standout performances by individual gymnasts, all mentored by Drass. Perry led the Tigers and captured the programs' first ever Big 12 all-around title and represented the squad at the National Championships. The Missouri squad spent much of the season in the top 20 in 2008 and ultimately finished 13-10. The Tigers placed third in the Big 12 and grabbed the fourth-place spot at the NCAA Central Regional.

Before taking the reigns at Missouri, Drass was the top assistant for the University of Nebraska's nationally ranked gymnastics team for eight years. He served as a graduate assistant coach from 1991-92, before being elevated as a full-time assistant in 1993. He was the Cornhuskers' primary floor exercise coach and worked closely with Head Coach Dan Kendig in coaching uneven bars. He was named the National Association of Collegiate Gymnastics Coaches 1996 Midwest Regional Assistant Coach of the Year. Nebraska Gymnastics enjoyed tremendous success under Drass, earning a berth at the NCAA Championships in four of five seasons, highlighted by NCAA Super Six Finals appearances in both 1997 and 1999. As an assistant, Drass helped NU claim an unprecedented six straight conference titles from 1994 to 1999. With Drass' help, six different NU gymnasts earned All-America honors. Topping his career at NU, Drass coached Brink to a spot on the U. S. team that competed at the World University Games in Spain.

Prior to his coaching days, Drass was a gymnast at Penn State from 1987 to 1990. As a Nittany Lion, Drass competed at the NCAA Championships all four years. A seasoned gymnast who began competing at age nine, Drass began his coaching career while in college, as the assistant boys' gymnastics coach at the McCracken's Gym School in Kansas City in 1987. He served as the head boys' coach at the Nittany Gym School in Pennsylvania in the summer of 1988. Since 1989, Drass has worked at the Woodward Gymnastics Camp in Pennsylvania during the summer. Drass graduated from Penn State with a bachelor's degree in marketing in 1990. He completed his master's degree in strategic management and long-range planning at Nebraska in May 1994.

He is married to former Husker All-American gymnast Joy Taylor, who is now a pediatrician at the University of Missouri Medical Center. Rob and Joy are the proud parents of daughter Molly and son James.

Assistant Coach John Figueroa

Entering his fifth season with the Tigers, John Figueroa has clearly made an impact on the Missouri squad. The Tigers turned in impressive performances on the vault and uneven bars under his guidance, and averaged 49.225 and 49.250, respectively, on the events in 2010. His work with Sarah Shire on vault helped her to first team all-america honors on the event in 2009. With Figueroa's coaching, Shire went on to earn All-America honors on vault, floor and bars, making her the school's first four-time All-American. "Fig" as he is notoriously known, serves as the recruiting coordinator for the Tigers as he brings in a wealth of experience from his time with the Pioneers of the University of Denver, and he specializes in the Tiger gymnast's skills on the vault and uneven bars. He has helped to sign several talented recruiting classes to Missouri, which are now poised to catapult the Tigers' success.

While at Denver, Figueroa had his hand in recruiting the 2004 class, the most successful class of gymnasts in school history. During his tenure, that class qualified for NCAA Regional competition during all four years and qualified for the NCAA National Championships for the first time in DU history.

Figueroa specializes in the Tiger gymnast's skills on the vault and uneven bars. During his eight seasons at DU, Figueroa had some of the most successful vault rotations in the nation. The 2005 Pioneer squad spent almost the entire season ranked in the top-10 in the event, ultimately finishing 11th in the country. His teaching and guidance on the vault has led to two national qualifiers, and one All-American, Ashley Shible, who finished seventh in 2001. Shible, a freshman at the time, is only the third All-American in DU history. Casey Dobyns is the most recent qualifier under Figueroa as she finished 27th on the vault in 2007.

Assistant Coach Jennifer Green

Jennifer Green is in her first season as an Assistant Coach with the Tigers. Green is primarily responsible for coaching beam and handling choreography for the team.

Green competed at the elite level before continuing her career as a gymnast for LSU, where she was honored as an All-Conference athlete (SEC) as well as an NCAA All-American. Green spent four years as the Recreational Director and Beam and Floor coach at Elite Gymnastics Club in Lenexa, Kan. before moving on to Kansas Gymnastics and Cheer where she spent twelve years as the beam and floor coach. Green has worked with gymnasts of all levels, and has worked with several former Mizzou Gymnasts including Sarah Cooper, Amanda Peterson and current gymnast Rachel Updike. Green has also coached numerous athletes to USA Gymnastics Western Nationals and Level 10 Junior Olympic Nationals, and several earned state, regional and national titles.

"I'm thrilled that I have the opportunity to be here, this has been my dream since I left LSU," Green said. "I have always wanted to coach gymnastics and coach at the collegiate level. It's exciting that my dream is actually coming true and that Mizzou has given me the opportunity to follow my dreams. I really am thrilled to be here."

Green has four children, Taylor (18), Matt (17), Jackson (15) and Bailey (9).

Senior Mary Burke // Inverness, Ill.

2012 Season Highlights

- Took second in the all-around at the Tigers' season opening meet against No. 24 Iowa State.
- Took the all-around title at Southern Utah and also earned the bars title.
- Was named Gymnast of the Week for the first time this season on Jan. 17.

Career Highs: Vault-- 9.850 (eight times, last at SUU) Bars--9.925 (Lady Luck 2010) Beam--9.900 (Twice in 2011) Floor--9.975 (Illinois State 2010) All-Around--39.450 (Nebraska 2011)

Date	*Meet*	*V*	*UB*	*BB*	*FX*	*AA*
1/8	Iowa State	9.725	9.825	9.250	9.825	38.625
1/13	Southern Utah	9.850	9.875	9.850	9.600	39.175
1/20	Denver					
1/28	Nebraska					
2/3	NC State					
2/10	Chicago Style					
2/17	Oklahoma					
2/24	Bowling Green					
3/3	Denver Quad Meet					
3/9	Alabama					
3/16	Arkansas					
3/24	Big 12 Championship					

Senior Allie Heizelman // Cypress, Texas

2012 Season Highlights

- Competed bars for the Tigers against No. 24 Iowa State and took second on the event, also took second on bars against Southern Utah.

Career Highs: Bars-- 9.875 (Iowa State 2011) Beam--9.875 (Twice in 2011) Floor--9.875 (Oklahoma 2011)

Date	*Meet*	*V*	*UB*	*BB*	*FX*	*AA*
1/8	Iowa State	---	9.800	---	---	---
1/13	Southern Utah	---	9.825	---	---	---
1/20	Denver					
1/28	Nebraska					
2/3	NC State					
2/10	Chicago Style					
2/17	Oklahoma					
2/24	Bowling Green					
3/3	Denver Quad Meet					
3/9	Alabama					
3/16	Arkansas					
3/24	Big 12 Championship					

Junior Tori Howard // Chesterfield, Mo.

2012 Season Highlights

- Opened the season competing on three events vs. No. 24 Iowa State.
- Set a new career-high on beam and matched her career-high on floor against Southern Utah.

Career Highs: Vault-- 9.850 (exh. Cancun Classic) Beam--9.800 (Southern Utah Floor--9.875 (Southern Utah2011/2012)

Date	*Meet*	*V*	*UB*	*BB*	*FX*	*AA*
1/8	Iowa State	9.625	---	9.075	9.800	---
1/13	Southern Utah	9.825	---	9.800	9.875	---
1/20	Denver					
1/28	Nebraska					
2/3	NC State					
2/10	Chicago Style					
2/17	Oklahoma					
2/24	Bowling Green					
3/3	Denver Quad Meet					
3/9	Alabama					
3/16	Arkansas					
3/24	Big 12 Championship					

Junior Sandra Ostad // Oslo, Norway

2011 Season Highlights

- Set a new career-high on bars at the Cancun Classic
- Improved on her career-high floor score twice in 2011.
- Improved on her career-high vault score three times throughout the season.
- Improved on her career-high beam score for the second time in 2011 in an exhibition routine at Ohio State with Pittsburgh
- Named to the Academic All-Big 12 first team

Career Highs: Vault-- 9.875 (Illinois) Bars-- 9.775 (Cancun Classic) Beam--9.775 (exh. Ohio State) Floor--9.750 (exh. Iowa State)

Date	*Meet*	*V*	*UB*	*BB*	*FX*	*AA*
1/8	Iowa State	---	---	---	---	---
1/13	Southern Utah	---	---	---	---	---
1/20	Denver					
1/28	Nebraska					
2/3	NC State					
2/10	Chicago Style					
2/17	Oklahoma					
2/24	Bowling Green					
3/3	Denver Quad Meet					
3/9	Alabama					
3/16	Arkansas					
3/24	Big 12 Championship					

RS Sophomore Brittany Bendoff // Long Grove, Ill.

2012 Highlights

- Came out in the Tigers' season opener to compete on two events and exhibition on one after sitting out the 2011 season due to an injury.
- Set a new career-high on beam against Southern Utah.

Career Highs: Vault-- 9.775 (Cancun Classic) Bars--9.800 (Southern Utah) Beam--9.250 (exh. Centenary 2010) Floor--9.825 (Oklahoma 2010)

Date	*Meet*	*V*	*UB*	*BB*	*FX*	*AA*
1/8	Iowa State	9.675	9.125	exh. 9.100	---	---
1/13	Southern Utah	---	9.800	---	---	---
1/20	Denver					
1/28	Nebraska					
2/3	NC State					
2/10	Chicago Style					
2/17	Oklahoma					
2/24	Bowling Green					
3/3	Denver Quad Meet					
3/9	Alabama					
3/16	Arkansas					
3/24	Big 12 Championship					

Sophomore Cathryn Aliceaacosta // Houston, Texas

2012 Season Highlights:

- Took fifth place on beam at the Tigers' season opener against No. 24 Iowa State.
- Matched her career-high on beam against Southern Utah.

Career Highs: Vault-- 9.600 (Oklahoma) Beam-- 9.800 (2x, last vs. Southern Utah) Floor-- 9.750 (Oklahoma)

Date	*Meet*	*V*	*UB*	*BB*	*FX*	*AA*
1/8	Iowa State	---	---	9.725	---	---
1/13	Southern Utah	---	---	9.800	9.650	---
1/20	Denver					
1/28	Nebraska					
2/3	NC State					
2/10	Chicago Style					
2/17	Oklahoma					
2/24	Bowling Green					
3/3	Denver Quad Meet					
3/9	Alabama					
3/16	Arkansas					
3/24	Big 12 Championship					

Sophomore Mackenzie McGill // Bartlesville, Okla.

2011 Season Highlights

• Made her first appearance as a Tiger at the fifth annual Beauty and the Beast meet against SEMO, setting her career-high on bars in an exhibition routine.
•Matched her career-high in a bars exhibition against Illinois.
• Recognized by the NACGC/W as a Scholastic All-American.

Career Highs: Bars 9.675 (Beauty and the Beast 2011)

Date	*Meet*	*V*	*UB*	*BB*	*FX*	*AA*
1/8	Iowa State	---	---	---	---	---
1/13	Southern Utah	---	---	---	---	---
1/20	Denver					
1/28	Nebraska					
2/3	NC State					
2/10	Chicago Style					
2/17	Oklahoma					
2/24	Bowling Green					
3/3	Denver Quad Meet					
3/9	Alabama					
3/16	Arkansas					
3/24	Big 12 Championship					

Sophomore Taylor Medrea // Britton, Mich.

2012 Season Highlights

• Competed in three events for the Tigers against No. 24 Iowa State.
• Matched her career-high on bars that she set against Southern Utah in 2011.

Career Highs: Bars-- 9.825 (Southern Utah 2011/2012); Beam--9.750 (Iowa State); Floor--9.725 (exh. Quad-Meet 2011)

Date	*Meet*	*V*	*UB*	*BB*	*FX*	*AA*
1/8	Iowa State	---	9.600	9.750	9.400	---
1/13	Southern Utah	---	9.825	9.600	9.675	---
1/20	Denver					
1/28	Nebraska					
2/3	NC State					
2/10	Chicago Style					
2/17	Oklahoma					
2/24	Bowling Green					
3/3	Denver Quad Meet					
3/9	Alabama					
3/16	Arkansas					
3/24	Big 12 Championship					

Sophomore Brittani Price // New Lenox, Ill.

2012 Season Highlights

- Exhibitioned on bars at the season opening meet against No. 24 Iowa State to improve on her career-high bars score.
- Set a new career-high on bars at the Tigers' meet against Southern Utah.

Career Highs: Vault-- 9.825 (Cancun Classic) Bars-- 9.775 (Southern Utah)

Date	*Meet*	*V*	*UB*	*BB*	*FX*	*AA*
1/8	Iowa State	---	exh. 9.650	---	---	---
1/13	Southern Utah	9.775	9.775	---	---	---
1/20	Denver					
1/28	Nebraska					
2/3	NC State					
2/10	Chicago Style					
2/17	Oklahoma					
2/24	Bowling Green					
3/3	Denver Quad Meet					
3/9	Alabama					
3/16	Arkansas					
3/24	Big 12 Championship					

Sophomore Katelyn Trevino // Ovilla, Texas

2012 Highlights:

- Competed all-around for the first time in her career against No. 24 Iowa State earning 4th at the meet.
- Placed fifth in the all-around against Southern Utah and set a new career-high on floor and in the all-around.

Career Highs-- Vault -- 9.575 (Iowa State); Bars -- 9.800 (Illinois 2011); Beam -- 9.550 (Iowa State); Floor -- 9.475 (Southern Utah)
All-Around -- 38.100 (Southern Utah)

Date	*Meet*	*V*	*UB*	*BB*	*FX*	*AA*
1/8	Iowa State	9.575	9.700	9.550	9.100	37.925
1/13	Southern Utah	9.350	9.775	9.500	9.475	38.100
1/20	Denver					
1/28	Nebraska					
2/3	NC State					
2/10	Chicago Style					
2/17	Oklahoma					
2/24	Bowling Green					
3/3	Denver Quad Meet					
3/9	Alabama					
3/16	Arkansas					
3/24	Big 12 Championship					

Freshman Briana Conkle // Fleming Island, Fla.

2012 Highlights
• Competed in her first collegiate meet against No. 24 Iowa State on bars and floor.
• Earned career-high scores on bars and floor against Southern Utah.

Career Highs: Bars -- 9.675 (Exh. Southern Utah), Floor -- 9.375 (Exh. Southern Utah)

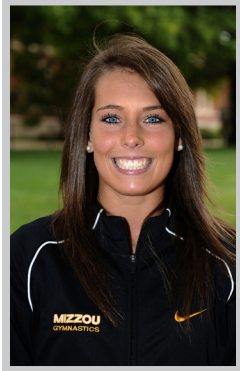
Date	*Meet*	*V*	*UB*	*BB*	*FX*	*AA*
1/8	Iowa State	---	8.875	---	8.525	---
1/13	Southern Utah	---	exh. 9.675	---	exh. 9.375	---
1/20	Denver					
1/28	Nebraska					
2/3	NC State					
2/10	Chicago Style					
2/17	Oklahoma					
2/24	Bowling Green					
3/3	Denver Quad Meet					
3/9	Alabama					
3/16	Arkansas					
3/24	Big 12 Championship					

Freshman Rebecca Johnson // Pewaukee, Wis.

2012 Highlights
• Competed in her first collegiate meet against No. 24 Iowa State on vault and also competed for the Tigers against Southern Utah to improve on her career-high.

Career Highs: Vault--9.750 (Southern Utah)

Date	*Meet*	*V*	*UB*	*BB*	*FX*	*AA*
1/8	Iowa State	9.525	---	---	---	---
1/13	Southern Utah	9.750	---	---	---	---
1/20	Denver					
1/28	Nebraska					
2/3	NC State					
2/10	Chicago Style					
2/17	Oklahoma					
2/24	Bowling Green					
3/3	Denver Quad Meet					
3/9	Alabama					
3/16	Arkansas					
3/24	Big 12 Championship					



Freshman Laura Kappler // Evansville, Ind.

2012 Highlights
• First appeared for the Tigers against Southern Utah in an exhibition beam routine.

Career Highs: Beam--9.325 (exh. Southern Utah)

Date	*Meet*	*V*	*UB*	*BB*	*FX*	*AA*
1/8	Iowa State	---	---	---	---	---
1/13	Southern Utah	---	---	exh. 9.325	---	---
1/20	Denver					
1/28	Nebraska					
2/3	NC State					
2/10	Chicago Style					
2/17	Oklahoma					
2/24	Bowling Green					
3/3	Denver Quad Meet					
3/9	Alabama					
3/16	Arkansas					
3/24	Big 12 Championship					

Freshman Kelsy Landreth // Columbia, Mo.

2012 Highlights
• Joined the Tigers at semester and exhibitioned in the season opening meet against No. 24 Iowa State

Career Highs: Vault--9.525 (exh. Iowa State)

Date	*Meet*	*V*	*UB*	*BB*	*FX*	*AA*
1/8	Iowa State	exh. 9.525	---	---	---	---
1/13	Southern Utah	---	---	---	---	---
1/20	Denver					
1/28	Nebraska					
2/3	NC State					
2/10	Chicago Style					
2/17	Oklahoma					
2/24	Bowling Green					
3/3	Denver Quad Meet					
3/9	Alabama					
3/16	Arkansas					
3/24	Big 12 Championship					

Freshman Colleen Mulcahy // Orland Park, Ill.

Prep: Trained under the direction of Dan and Beth Miller at Arena Gymnastics...Earned second place on bars at the 2009 State Meet...Level 10 National qualifier in 2009...placed 10th on bars and 15th in the all-around at the 2009 Level 10 National Meet...Earned first place recognition on bars at the State and Regional meets in 2010...placed third in the all-around at the Regional meet...Qualified for Level 10 Nationals in 2010 and earned ninth place recognition on bars and placed 17th in the all-around....Earned a spot on the Region 5 All Star Team...Traveled to Slovenia and Italy to compete...Boasts a 9.8 personal best on vault, 9.475 on beam, 9.525 on floor and a 38.1 personal best in the all-around.

Personal: Daughter of Marty and Debbie Mulcahy...Born June 26, 1993...plans to major in Political Science and Psychology at Mizzou.

Date	*Meet*	*V*	*UB*	*BB*	*FX*	*AA*
1/8	Iowa State	---	---	---	---	---
1/13	Southern Utah	---	---	---	---	---
1/20	Denver					
1/28	Nebraska					
2/3	NC State					
2/10	Chicago Style					
2/17	Oklahoma					
2/24	Bowling Green					
3/3	Denver Quad Meet					
3/9	Alabama					
3/16	Arkansas					
3/24	Big 12 Championship					

Freshman Rachel Updike // Olathe, Kan.

2012 Highlights

- Took three event titles at the season opening meet against Iowa State, and set three career-high scores
- Was selected as a member of the Primetime Performers Honor Roll by CollegeSports360 on Jan. 10
- Was chosen by the Big 12 Conference as Newcomer of the Week on Jan. 10 and again on Jan. 17.
- Took home the vault title against Southern Utah

Career highs: Vault--9.900 (Iowa State); Beam--9.850 (2x in 2012); Floor--9.875 (Iowa State)

Date	*Meet*	*V*	*UB*	*BB*	*FX*	*AA*
1/8	Iowa State	9.900*	---	9.850*	9.875*	---
1/13	Southern Utah	9.875*	---	9.850	9.650	---
1/20	Denver					
1/28	Nebraska					
2/3	NC State					
2/10	Chicago Style					
2/17	Oklahoma					
2/24	Bowling Green					
3/3	Denver Quad Meet					
3/9	Alabama					
3/16	Arkansas					
3/24	Big 12 Championship					

* won event

2012 Team Results

Meet Results

Date	Opponent	Vault	Bars	Beam	Floor	Total
1/8	Iowa State	48.500	48.050	48.125	48.000	192.675
1/13	Southern Utah	49.075	49.100	48.900	48.450	195.525
1/20	Denver					
1/28	Nebraska					
2/3	NC State					
2/10	Boise State/Illinois					
	UCLA					
2/17	Oklahoma					
2/24	Bowling Green					
3/3	Denver, W. Mich.,					
	West Virginia					
3/9	Alabama					
3/16	Arkansas					
3/24	Big 12 Championship					

Team Numbers

2012 Record	2-0
Regular Season	2-0
Post Season	0-0
At Home	1-0
On the Road	1-0
At Home Conference	1-0
On Road Conference	0-1
Against Top-25 Teams	1-0
Against 2011 Regional Qualifiers	2-0
Against 2011 NCAA Finals Teams	0-0
Scoring 195.00 or Higher	1-0
Scoring Under 195.000	1-0
In January	2-0
In February	0-0
In March	0-0
In April	0-0